

MONTHLY -Wheaton Fifty Fit (55+) Schedule - December 2022 - MONTHLY

Gymnasium will be closed November 29-December 2. Programs held in Gymnasium will be cancelled during this time.

Dates/Times/Locations of 55+ programs may be subject to change without prior notice.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
N o 5 5 + P r o g r a m s						N o 5 5 + P r o g r a m s
				1	2	
				10am Conversational Spanish (DI) 10am Watercolor with Kedir 11am Intro to Drawing 12pm Lunch 1pm-2pm WIT club 1pm Ballroom/Line Dance (DI) 1pm Ukelele for Beginners 2pm Zumba (DI) 3:30pm 1:1 Tech Support 3pm 55+ Yoga	9:45am Zumba (DI) 11am Painting with Acrylics 12pm Lunch 1pm-2pm WIT club 1pm Qigong 1:30pm 55+ Superpower Dance Circle (DI) 3:30pm 1:1 Tech Support 3pm Yoga Para Todos	
	5	6	7	8	9	
	9:05am 55+ Yoga 10am Chinese Fit & Fun (DI) 10:05am Social Line Dance 11am 55+ Superpower Dance Circle 12pm Lunch 1pm-2pm WIT club 1pm Chinese Folk Dance (DI) 1-4pm Mahjongg (DI) 1pm-3pm Needles & Yarn (DI) 3:30pm 1:1 Tech Support	10am 55+ Hip Hop & Afro Beats 11am Zumba 12pm Lunch 12:30pm Drawing & Illustration 1pm-2pm WIT club 1:30pm 55+ Beginners Ballet 2pm Needles & Yarn (DI) 3pm 55+ Chair Yoga (DI)	9:30am Wheaton Walks 9:30am 55+ Yogalates 10am Chinese Dance & Fitness (DI) 10am Memoir Writing 11am 55+ Superpower Dance Circle 12pm Lunch 1pm 2pm WIT club 1pm Ballroom/Line Dance (DI) 1-4pm Mahjongg (DI) 2:15pm 55+ Beginners Ballet	10am Conversational Spanish (DI) 10am Watercolor with Kedir 11am Intro to Drawing 12pm Lunch 1pm-2pm WIT club 1pm Ballroom/Line Dance (DI) 1pm Ukelele for Beginners 2pm Zumba 3:30pm 1:1 Tech Support 3pm 55+ Yoga	9:45am Zumba (DI) 11am Painting with Acrylics 12pm Lunch 1pm -2pm WIT club 1pm Qigong 1:30pm 55+ Superpower Dance Circle (DI) 3:30pm 1:1 Tech Support 3pm Yoga Para Todos	

**Participants must be registered prior to participating in any Wheaton 55+ program.*

Facility Closure: December 26

Senior Center Director	Meals on Wheels Lunch program	Wheaton Senior Center
Alex Alcon: 240-773-4829-Office 202-760-1003-Cell alejandros.alcon@montgomerycountymd.gov-Email	Must register and make reservations prior to participating	240-773-4830
	240-773-4833 (Leave detailed message) wheatonseniors@gmail.com-Email	



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
N o 5 5 + P r o g r a m s	12	13	14	15	16	N o 5 5 + P r o g r a m s
	9:05am 55+ Yoga 10am Chinese Fit & Fun (DI) 10:05am Social Line Dance 11am 55+ Superpower Dance Circle 12pm Lunch 1pm-2pm WIT club 1pm Chinese Folk Dance (DI) 1-4pm Mahjongg (DI) 1pm-3pm Needles & Yarn (DI) 3:30pm 1:1 Tech Support	10am 55+ Hip Hop & Afro Beats 11am Zumba 12pm Lunch 12:30pm Drawing & Illustration 1pm-2pm WIT club 1:30pm 55+ Beginners Ballet 2pm Needles & Yarn (DI) 3pm 55+ Chair Yoga (DI)	9:30am Wheaton Walks 9:30am 55+ Yogalates 10am Chinese Dance & Fitness (DI) 10am Memoir Writing 11am 55+ Superpower Dance Circle 12pm Lunch 1pm 2pm WIT club 1pm Ballroom/Line Dance (DI) 1-4pm Mahjongg (DI) 2:15pm 55+ Beginners Ballet	10am Conversational Spanish (DI) 10am Watercolor with Kedir 11am Intro to Drawing 12pm Lunch 1pm-2pm WIT club 1pm Ballroom/Line Dance (DI) 1pm Ukelele for Beginners 2pm Zumba 3:30pm 1:1 Tech Support 3pm 55+ Yoga	9:45am Zumba (DI) 11am Painting with Acrylics 12pm Lunch 1pm-2pm WIT club 1pm Qigong 1:30pm 55+ Superpower Dance Circle (DI) 3:30pm 1:1 Tech Support 3pm Yoga Para Todos	
	19	20	21	22	23	
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	26	27	28	29	30	
	<u>No 55+ Programs</u>	10am 55+ Hip Hop & Afro Beats 11am Zumba 12pm Lunch 12:30pm Drawing & Illustration 1pm-2pm WIT club 1:30pm 55+ Beginners Ballet 2pm Needles & Yarn (DI) 3pm 55+ Chair Yoga (DI)	9:30am Wheaton Walks 9:30am 55+ Yogalates 10am Memoir Writing 11am 55+ Superpower Dance Circle 12pm Lunch 1pm 2pm WIT club 1pm Ballroom/Line Dance (DI) 1-4pm Mahjongg (DI) 2:15pm 55+ Beginners Ballet	10am Conversational Spanish (DI) 10am Watercolor with Kedir 11am Intro to Drawing 12pm Lunch 1pm-2pm WIT club 1pm Ballroom/Line Dance (DI) 1pm Ukelele for Beginners 2pm Zumba 3:30pm 1:1 Tech Support (Cancelled) 3pm 55+ Yoga	9:45am Zumba (DI) 11am Painting with Acrylics 12pm Lunch 1pm-2pm WIT club 1pm Qigong 1:30pm 55+ Superpower Dance Circle (DI) 3:30pm 1:1 Tech Support (Cancelled) 3pm Yoga Para Todos	

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Wheaton Senior Center
11701 Georgia Avenue, Silver Spring MD 20902
240-773-4830
www.mocorec.com



